



## M<sub>anaging Anger</sub>

- \* Accept people as they are
- \* Run, laugh & play
- \* Tolerate others
- \* Be free from resentment
- \* Stop seeing people as problems
- \* Anger is destructive to you
- \* Be angry—then let it go!
- \* Anger is a painful state of mind
- \* Focus on the present!



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elaxation Techniques



- \* Take long, deep breaths
- \* Stretch your muscles, begin by lifting and rotating your shoulders
- \* Think: The glass is always half full!
- \* Laugh—then others will laugh with you!
- \* Life is only the journey
- \* Be thankful for all that you have

[www-nehc.med.navy.mil](http://www-nehc.med.navy.mil)

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